



Delta Obesity Prevention Research Unit— Mission Statement

The Delta Obesity Prevention Research Unit is coordinating a major research program that brings together the expertise of seven institutions in the three state region. These institutions and their research scientists provide unique skills and resources to the Delta. Their research will result in Lower Mississippi Delta specific recommendations for input into the 2015 Dietary Guidelines that will enable rural Lower Mississippi Delta individuals and families to adopt food and physical activity guidelines for sustaining healthy weights, preventing obesity, and reducing the risk factors for obesity related chronic diseases.



Current Arkansas Cooperator Personnel Supported by Delta OPRU

University of Arkansas at Pine Bluff

Felicia D. Taylor Waller
Brenda Simmons
Ying H. Gao Balch
James O. Garner

Linda Okiror
Shandra T. Williams
Alexandria Gray

Arkansas Children's Hospital Research Institute

Judith Weber
Page Moore
Christopher Swearingen
James Robbins
Edward Williams
Leanne Whiteside-Mansell
Wendy Ward
Ryan Norman

Emily English
Rachel Schichtl
Andrew Carberry
Kent Thompson
Kimberly Harris
Liana Harden
Cale Nicholson
Katherine Quinn



www.arteengarden.com

2012 Personnel Levels Supported by Delta Obesity Prevention Research Unit

University of Arkansas at Pine Bluff - 7 Employees
Arkansas Children's Hospital Res Inst - 16 Employees

USDA, ARS, Delta OPRU

www.ars.usda.gov/spa/dopru

900 S. Shackleford Rd STE 220
Little Rock, AR 72211

Phone: 501-954-8882

Fax: 501-954-9596

E-mail: mike.grusak@ars.usda.gov

USDA, ARS, Delta Obesity Prevention Research Unit



Arkansas Research Cooperators



University of Arkansas at Pine Bluff
Pine Bluff, AR



Arkansas Children's Hospital Research Institute
Little Rock, AR

Arkansas Children's Hospital Research Institute 2010-2014 Project Summary



Gardening to Reduce Obesity and Other Risk Behaviors in Delta Children

Cooperating researchers at the Arkansas Children's Hospital Research Institute are using a school gardening program designed to increase students' school bonding (connection/association) to determine if it will increase physical activity and fruit/vegetable intake. The lessons will adhere to the State of Arkansas benchmarks for 6th -8th grade science, health, and physical education curriculum. A larger study will involve testing the gardening program in 12 additional Delta schools to test the effectiveness of adherence to the Dietary Guidelines and reducing obesity and related chronic disease risk factors. Researchers anticipate that students who participate in the gardening program will be more strongly affiliated (bonded) with their school/teachers, and will increase their fruit/vegetable intake and physical activity levels from the beginning to the completion of the program. Contact Dr. Judy Weber (weberjudithl@uams.edu) for additional information.

University of Arkansas at Pine Bluff Significant Publications:

- **Taylor, F.D., Sharman, J., Gao-Balch, Y.** 2012. How UAPB students eat: Preliminary results. Arkansas Environmental, Agricultural and Consumer Sciences Journal. 11:10-14.
- McGee, B.B., Richardson, V., Johnson, G., Thornton, A., Johnson, C., Yadrick, K., Ndirangu, M., Goolsby, S., Groves, D., Simpson, P., **Hyman, E., Stigger, F.**, Bogle, M.L., Kramer, T.R., Strickland, E., McCabe-Sellers, B.J. 2008. Perceptions of factors influencing the acquisition and consumption of healthy food in the lower Mississippi delta: focus group findings. Journal of Nutrition Education and Behavior. Journal of Nutrition Education and Behavior. 40 (2):102-109.
- Goolsby, S.L., Casey, P.H., Stuff, J.E., **Zaghloul, S.**, Weber, J., Gossett, J., Simpson, P., Bogle, M.L. 2006. Consumption of calcium among African American adolescent girls. Ethnicity and Disease. 16:476-482.
- Tucker, K.L., Maras, J., Champagne, C., Connell, C., Goolsby, S., Weber, J., **Zaghloul, S.**, Carithers, T., Bogle, M.L. 2005. A regional food-frequency questionnaire for the U.S. Mississippi Delta. Public Health Nutrition. 8(1):87-96.
- Casey, P., Horton, J., Bogle, M.L., Fomby, B., Forsythe, W., Goolsby, S., Gossett, J., **Hyman, E.**, Kramer, T.R., Lovejoy, J., Rasco, M., Robbins, J., Simon, W., Simpson, P. 2004. Self reported health of residents of the Lower Mississippi Delta. Journal of Health Care for the Poor and Underserved. 15(4):645-662.
- Yadrick, M.K., Horton, J., Stuff, J., McGee, J., Bogle, M., Davis, L., Forrester, I., Strickland, E., Casey, P.H., Ryan, D., Champagne, C., Mellad, K., **Neal, E., Zaghloul, S.** 2001. Perceptions of community nutrition and health needs in the Lower Mississippi Delta: A key informant approach. Journal of Nutrition Education. 33:266-277.

University of Arkansas at Pine Bluff 2010-2014 Project Summary



Preventing Obesity of Delta Region Minority University Students

Cooperating researchers at the University of Arkansas at Pine Bluff are conducting qualitative and quantitative research that will be used to explore the dietary and physical activity patterns common to African-American college/university students in the Delta region. This will be used to develop an educational program, *Eating to Live*, which will be used to show students how to appropriately evaluate their personal diet and physical activity patterns and empower them to make lifestyle changes with the long-term goal of lifetime weight maintenance. This research will provide culturally sensitive strategies, to increase adoption of the dietary guidelines. Additional information can be obtained by contacting Dr. Felicia Taylor Waller (taylorf@uapb.edu).